

TEXAS AGRICULTURAL EXTENSION SERVICE • The Texas A&M University System

IS YOUR WEIGHT A PROBLEM?

Dear Homemaker:

Do you think you are overweight? To find out, just look in the mirror. Do you want to know why? Here are some reasons:

Habit



I always have chips and cola drinks when I sit down to watch TV.

Frustration

How am I going to stretch that dollar far enough?

Boredom



I do the same job every day.

Inactivity

I like to drive rather than walk when I go visit a friend.

Social Eating

When my friends and I get together, we like to eat rich desserts like pie.

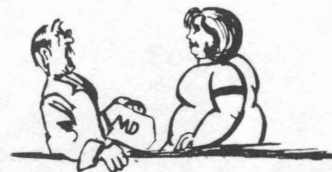
Do you think you are overweight for any of these reasons? Which ones? Do you want to change your eating and exercise habits?



Sincerely,

 Signature and Title

If you are overweight, visit your doctor or Public Health Office.



- He will weigh you. Write your weight down. My weight is _____ pounds.
- He will tell you how much weight you need to lose. Write the number of pounds down.
I need to lose _____ pounds.
- He will tell you if you have health problems to consider in planning for losing weight.
- You can lose weight by fixing low calorie dishes like marinated carrot salad. Here is the recipe.

Marinated Carrot Salad

2 pounds carrots	2 to 3 teaspoons sugar
1 medium-size onion, white	1½ cups tomato juice
2 tablespoons prepared mustard	½ cup vinegar
1 teaspoon Worcestershire sauce	Salt and pepper to taste

1. Peel carrots and slice crosswise into thin, round pices.
2. Cook for about 5 minutes in small amount of water until tender.
3. Slice onion into rings.
4. Drain off any water left on carrots.
5. Combine carrots with remaining ingredients.
6. Cover and let stand overnight in refrigerator.
7. Stays fresh in refrigerator for a week.

Prepared by Carol B. Suter, Extension foods and nutrition specialist—ENP-A, The Texas A&M University System.

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